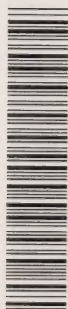
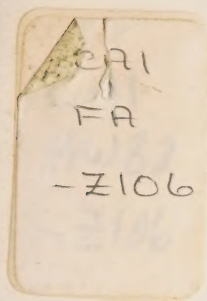


Canada. National health and welfare dept.

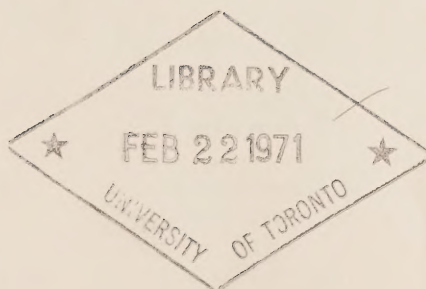
Fitness and amateur sport div.

General publications:

CT-53 The Canada fitness award for
boys and girls, 7-17



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The Canada Fitness Award

FOR BOYS AND GIRLS 7 - 17

*Canada National Health
and welfare dept. Fitness
and amateur sport*



"I'm Maxi
The Canada
Fitness
Award
mascot
and I
want you
on my
team!"

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UNIVERSITY OF TORONTO

What is the Canada Fitness Award?

It is a programme to promote health and fitness in Canadian boys and girls from 7 to 17 years of age, for the sake of their own physical and mental well being.

The awards are given for excellence in six Performance Tests which can be carried out simply and quickly. These are: One - Minute Speed Sit-ups, Standing Broad Jump, Shuttle Run, Flexed-Arm Hang, 50-Yard Run and 300-Yard Run.

You will be tested in all six, but the average score of any four can be used to decide your award. 55 to 79% wins you a Bronze

Crest, 80 to 94% a Silver Crest and 95 to 100% a Gold Crest. If you reach the 95 to 100% level in all six tests, you win the Award of Excellence.

You can try these tests as often as you like, and as you work on your own physical fitness, your performance will improve. Earning a Canada Fitness Award is an achievement to be proud of, but the real reward is the sense of well-being and alertness you will enjoy through being in tip-top shape. Everything you do, you'll do better. Take it from your friend "Maxi".

"It's just a great idea!
thats what!"



"You may be
pretty bad
at first but don't
worry!"



"I could only
do 14 speed
sit-ups at first,
but now
I am on my
way to a
bronze
crest!"



"Not
bad!
Not bad!"



"You'll find the better
you do, the better
you feel. I've already
got my
Silver Crest!"



"I'm glad the kids
are all going for my
Canada Fitness Award
plan!"

"I bet I can hang on longer
than they can
and they've already got Gold Crests!"



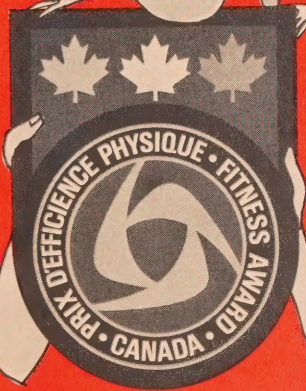


"This kid can go
like a scared
raccoon. He's a
cinch for an
Award of Excellence!"



"I'll bet
you could win
an award
of excellence!"

"It's fun
trying!"



Canada Fitness Award



AWARD OF
EXCELLENCE



GOLD

SILVER

BRONZE

Fitness and Amateur Sport Directorate
Department of National Health and Welfare, Ottawa
The Honourable John Munro, Minister

7 Year Old Girls

Filles de 7 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	0	4	6	9	10	11
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'1"	2'8"	2'11"	3'0"	3'1"	3'2"	3'3"
Shuttle Run (Secs.)	Course-navette (Sec.)	19.1	17.6	16.8	16.4	16.0	15.7	15.5
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	1	3	4	5	6	7
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	15.6	12.8	12.3	11.8	11.5	11.3	11.0
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	143	106	98	97	94	92	90

7 Year Old Boys

Garçons de 7 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	3	6	9	11	12	13
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'2"	2'8"	2'10"	2'11"	3'1"	3'3"	3'4"
Shuttle Run (Secs.)	Course-navette (Sec.)	18.8	16.3	15.7	15.4	15.0	14.9	14.7
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	4	6	7	9	10	12
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	16.0	12.1	11.5	11.1	11.0	10.7	10.5
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	179	101	95	93	91	89	88

35	40	45	50	55	60	65	70	75	80	85	90	95	100
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14	15	16	17	18	19	20	21	22	24	26	29	33	41
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3'4''	3'5''	3'6''	3'6''	3'7''	3'8''	3'9''	3'10''	3'11''	4'0''	4'1''	4'2''	4'5''	5'1''
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15.2	15.0	14.9	14.7	14.5	14.3	14.1	14.0	13.7	13.5	13.2	13.0	12.7	11.6
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8	9	10	11	12	14	16	19	22	26	32	38	54	168
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10.9	10.7	10.6	10.5	10.3	10.2	10.1	10.0	9.8	9.7	9.6	9.4	9.1	8.0
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89	88	87	85	84	84	83	82	80	79	78	76	75	62
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35	40	45	50	55	60	65	70	75	80	85	90	95	100
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15	18	19	20	21	23	24	25	27	28	30	31	33	42
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'6''	3'6''	3'7''	3'9''	3'9''	3'10''	3'11''	4'0''	4'0''	4'1''	4'2''	4'4''	4'7''	5'3''
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4.4	14.3	14.1	14.0	13.9	13.7	13.5	13.4	13.2	13.0	12.8	12.3	12.0	11.0
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13	14	15	18	20	22	24	26	29	34	36	46	55	147
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0.4	10.3	10.2	10.0	9.9	9.8	9.7	9.5	9.4	9.3	9.1	8.9	8.7	7.9
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86	85	85	84	83	82	81	80	79	78	76	75	73	70
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8 Year Old
Girls

Filles de
8 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	2	5	7	9	12	14
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'0''	2'10''	3'0''	3'1''	3'3''	3'4''	3'5''
Shuttle Run (Secs.)	Course- navette (Sec.)	20.1	16.2	15.6	15.3	15.0	14.8	14.5
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	2	4	5	6	7	8
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	14.0	11.5	11.0	10.8	10.7	10.5	10.4
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	134	94	91	88	87	85	84

8 Year Old
Boys

Garçons de
8 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	5	11	14	16	19	19
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'3''	2'10''	3'1''	3'3''	3'5''	3'7''	3'8''
Shuttle Run (Secs.)	Course- navette (Sec.)	19.5	15.8	15.0	14.7	14.4	14.2	13.9
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	6	9	10	12	13	15
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.4	11.5	11.0	10.5	10.4	10.2	10.0
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	135	96	90	87	84	83	82

35	40	45	50	55	60	65	70	75	80	85	90	95	100
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15	16	17	19	20	21	22	23	24	27	29	31	34	46
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7''	3'8''	3'9''	3'10''	3'11''	4'0''	4'0''	4'2''	4'3''	4'4''	4'6''	4'8''	4'11''	5'9''
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4.4	14.3	14.1	14.0	13.8	13.7	13.5	13.4	13.2	13.0	12.8	12.6	12.3	10.9
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9	11	12	13	15	16	19	21	23	25	29	34	45	145
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0.2	10.1	10.0	9.9	9.8	9.6	9.5	9.4	9.3	9.2	9.0	8.9	8.7	8.1
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83	82	81	80	79	79	78	77	76	75	74	72	71	65
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35	40	45	50	55	60	65	70	75	80	85	90	95	100
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20	21	23	24	25	25	26	28	29	30	32	34	37	45
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9''	3'10''	3'11''	3'11''	4'0''	4'1''	4'2''	4'3''	4'5''	4'6''	4'7''	4'8''	4'11''	5'8''
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3.7	13.5	13.4	13.3	13.1	13.0	12.9	12.7	12.6	12.4	12.3	12.0	11.6	10.8
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17	19	21	23	25	28	31	33	37	40	47	55	63	136
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9.9	9.7	9.6	9.5	9.4	9.3	9.2	9.1	9.0	8.9	8.6	8.5	8.3	7.2
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81	80	79	78	78	77	76	75	74	74	72	71	69	60
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9 Year Old
Girls

Filles de
9 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	3	7	9	11	13	15
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'2''	2'10''	3'1''	3'4''	3'6''	3'7''	3'8''
Shuttle Run (Secs.)	Course- navette (Sec.)	18.5	16.5	15.7	15.0	14.8	14.5	14.3
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	2	3	5	6	7	9
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	14.5	11.4	10.9	10.5	10.3	10.1	10.0
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	132	91	88	86	84	83	81

9 Year Old
Boys

Garçons de
9 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	10	14	16	18	19	21
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'8''	3'4''	3'6''	3'8''	3'10''	3'11''	4'0''
Shuttle Run (Secs.)	Course- navette (Sec.)	19.6	15.2	14.4	14.1	13.8	13.6	13.3
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	5	9	12	14	16	19
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	15.3	10.6	10.1	9.9	9.8	9.6	9.5
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	133	91	85	83	81	80	79

35	40	45	50	55	60	65	70	75	80	85	90	95	100
16	18	19	20	21	22	24	25	26	28	30	32	36	52
3'9"	3'10"	3'11"	4'0"	4'1"	4'2"	4'3"	4'4"	4'5"	4'6"	4'7"	4'9"	5'1"	6'9"
14.0	13.9	13.7	13.5	13.4	13.2	13.0	12.9	12.8	12.6	12.5	12.2	12.0	11.2
10	12	13	14	15	17	20	23	26	29	35	41	52	107
9.8	9.7	9.6	9.5	9.4	9.3	9.2	9.0	9.0	8.9	8.7	8.6	8.3	7.3
80	79	78	77	76	75	75	74	73	72	71	70	69	61

35	40	45	50	55	60	65	70	75	80	85	90	95	100
22	23	25	26	28	29	30	31	33	34	36	38	40	52
2'2"	4'3"	4'4"	4'4"	4'5"	4'6"	4'7"	4'7"	4'8"	4'10"	4'11"	5'0"	5'3"	6'0"
13.1	13.0	12.9	12.7	12.6	12.5	12.3	12.2	12.1	11.9	11.8	11.6	11.3	10.5
21	24	25	27	30	33	36	38	43	47	51	58	64	118
9.4	9.3	9.2	9.1	9.0	9.0	8.9	8.8	8.7	8.6	8.4	8.2	8.0	6.6
77	76	75	75	74	73	72	71	70	70	69	67	66	59

10 Year Old Girls

Filles de 10 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	3	7	10	14	16	19
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'7"	3'4"	3'6"	3'8"	3'9"	3'10"	3'11"
Shuttle Run (Secs.)	Course-navette (Sec.)	18.5	15.5	14.9	14.5	14.2	13.9	13.6
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	1	4	6	7	9	11
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.5	10.9	10.4	10.1	9.9	9.7	9.5
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	177	90	86	83	81	79	77

10 Year Old Boys

Garçons de 10 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	10	14	17	19	21	23
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'0"	3'6"	3'9"	3'11"	4'0"	4'1"	4'2"
Shuttle Run (Secs.)	Course-navette (Sec.)	17.4	15.0	14.3	13.9	13.6	13.4	13.2
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	7	10	13	15	18	21
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	12.6	10.2	9.9	9.6	9.4	9.3	9.1
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	148	85	82	80	78	77	75

35	40	45	50	55	60	65	70	75	80	85	90	95	100	
19	20	21	22	23	24	26	28	30	31	32	35	39	50	
4'0"	4'1"	4'2"	4'3"	4'4"	4'5"	4'6"	4'7"	4'8"	4'9"	4'11"	5'1"	5'3"	6'3"	
13.4	13.3	13.1	13.0	12.9	12.8	12.6	12.5	12.3	12.2	12.1	11.9	11.6	10.8	
12	14	15	17	18	21	22	25	27	31	34	41	56	160	
9.4	9.3	9.1	9.0	9.0	8.9	8.8	8.6	8.5	8.4	8.2	8.0	7.9	6.6	
77	76	75	75	74	73	72	71	70	69	68	67	65	58	
35	40	45	50	55	60	65	70	75	80	85	90	95	100	
23	24	26	27	28	30	31	33	34	35	37	39	42	50	
4'3"	4'4"	4'5"	4'6"	4'7"	4'7"	4'8"	4'9"	4'10"	5'0"	5'1"	5'2"	5'5"	6'3"	
13.1	12.9	12.8	12.6	12.5	12.3	12.2	12.0	11.9	11.8	11.6	11.3	11.0	10.2	
22	23	25	27	31	32	36	41	44	49	54	59	71	124	
9.1	9.0	8.9	8.8	8.6	8.5	8.4	8.4	8.3	8.2	8.0	7.9	7.8	6.4	
75	74	73	72	71	70	69	69	68	67	66	65	64	60	

11 Year Old Girls		Filles de 11 ans							
Percentile	Pourcentage	0	5	10	15	20	25	30	35
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	6	11	14	16	18	19	20
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'7"	3'5"	3'8"	3'10"	4'0"	4'1"	4'2"	4'3"
Shuttle Run (Secs.)	Course-navette (Sec.)	23.6	15.2	14.5	14.1	13.9	13.6	13.4	13.2
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	1	4	5	6	8	10	12
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.6	10.7	9.9	9.7	9.5	9.4	9.2	9.1
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	142	89	85	82	79	77	76	75
11 Year Old Boys		Garçons de 11 ans							
Percentile	Pourcentage	0	5	10	15	20	25	30	35
Speed Sit-Up (Number)	Redressements assis (Nombre)	1	14	18	20	22	24	25	26
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	1'10"	3'8"	4'0"	4'2"	4'3"	4'4"	4'5"	4'6"
Shuttle Run (Secs.)	Course-navette (Sec.)	18.0	14.7	14.0	13.6	13.4	13.1	12.9	12.7
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	6	12	14	17	20	23	26
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.0	10.0	9.6	9.3	9.1	8.9	8.8	8.7
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	133	85	80	77	76	74	73	72

35	40	45	50	55	60	65	70	75	80	85	90	95	100
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20	22	23	25	26	27	29	30	31	33	36	37	41	60
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4'3''	4'5''	4'6''	4'7''	4'8''	4'9''	4'10''	5'0''	5'1''	5'2''	5'3''	5'4''	5'7''	6'4''
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3.3	13.1	12.9	12.8	12.7	12.5	12.4	12.3	12.1	12.0	11.8	11.6	11.3	10.5
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11	13	15	16	18	19	21	24	28	32	37	44	59	119
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9.1	9.0	8.8	8.7	8.5	8.4	8.4	8.3	8.2	8.1	7.9	7.7	7.5	6.5
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75	74	73	72	71	70	69	69	68	67	66	65	62	57
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35	40	45	50	55	60	65	70	75	80	85	90	95	100
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26	27	28	29	30	32	34	35	36	38	40	42	46	55
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4'6''	4'7''	4'9''	4'10''	4'11''	4'11''	5'0''	5'2''	5'3''	5'4''	5'5''	5'7''	5'10''	6'11''
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2.7	12.5	12.4	12.2	12.0	11.9	11.8	11.7	11.5	11.4	11.2	11.1	10.8	10.0
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24	27	29	31	34	38	40	42	46	50	55	61	70	148
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8.7	8.6	8.5	8.4	8.3	8.2	8.1	8.1	8.0	7.9	7.8	7.6	7.4	6.9
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73	72	71	70	69	68	67	67	66	65	64	62	60	57
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12 Year Old Girls		Filles de 12 ans							
Percentile	Pourcentage	0	5	10	15	20	25	30	
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	5	9	12	13	15	17	
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'7"	3'6"	3'9"	3'11"	4'0"	4'2"	4'3"	
Shuttle Run (Secs.)	Course-navette (Sec.)	19.0	15.1	14.6	14.2	14.0	13.9	13.6	
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	1	3	5	6	7	8	
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.0	10.4	9.9	9.6	9.4	9.2	9.1	
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	110	86	81	79	77	76	75	
12 Year Old Boys		Garçons de 12 ans							
Percentile	Pourcentage	0	5	10	15	20	25	30	
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	13	18	20	21	23	24	
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'8"	3'10"	4'1"	4'2"	4'4"	4'6"	4'7"	
Shuttle Run (Secs.)	Course-navette (Sec.)	16.9	14.7	13.8	13.4	13.0	12.9	12.7	
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	7	11	14	18	22	24	
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	12.5	9.9	9.4	9.1	9.0	8.9	8.8	
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	116	83	78	75	73	72	71	

35	40	45	50	55	60	65	70	75	80	85	90	95	100
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19	20	21	22	24	25	26	28	30	32	34	36	39	55
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4'4"	4'5"	4'7"	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'4"	5'7"	5'10"	6'8"
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13.4	13.2	13.0	12.8	12.7	12.5	12.4	12.2	12.0	11.9	11.7	11.4	11.0	10.2
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10	11	13	14	16	18	20	23	26	30	33	38	46	110
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8.9	8.8	8.7	8.5	8.4	8.3	8.2	8.1	8.0	7.9	7.8	7.7	7.5	6.8
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73	73	72	71	71	70	69	68	67	66	65	64	62	56
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35	40	45	50	55	60	65	70	75	80	85	90	95	100
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26	27	29	30	31	32	33	34	36	38	40	42	45	55
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4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'7"	5'8"	5'10"	6'1"	6'10"
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12.5	12.3	12.2	12.0	11.9	11.8	11.6	11.5	11.4	11.4	11.2	11.0	10.8	10.2
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27	30	32	35	38	41	44	47	51	56	59	63	72	162
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8.6	8.5	8.4	8.3	8.2	8.1	8.0	8.0	7.9	7.8	7.7	7.5	7.2	6.0
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70	69	68	67	67	66	66	65	64	63	62	61	59	43
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13 Year Old Girls

Filles de 13 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	5	9	12	14	16	18
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'11"	3'6"	3'10"	4'1"	4'3"	4'4"	4'5"
Shuttle Run (Secs.)	Course-navette (Sec.)	17.0	14.9	14.2	13.9	13.6	13.5	13.1
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	0	1	3	4	6	7
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.0	10.2	9.8	9.5	9.3	9.2	9.1
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	111	85	81	79	77	75	74

13 Year Old Boys

Garçons de 13 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	15	19	22	23	25	26
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'8"	4'0"	4'3"	4'5"	4'7"	4'9"	4'10"
Shuttle Run (Secs.)	Course-navette (Sec.)	17.6	13.9	13.5	13.0	12.9	12.5	12.4
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	9	12	17	19	23	27
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	11.0	9.5	9.1	8.8	8.7	8.5	8.4
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	104	77	73	71	70	69	67

35	40	45	50	55	60	65	70	75	80	85	90	95	100
19	20	21	23	24	25	26	28	29	31	32	34	37	46
4'6"	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'5"	5'7"	5'9"	6'0"	7'10"
12.9	12.7	12.6	12.5	12.3	12.2	12.1	12.0	11.7	11.4	11.2	11.0	10.0	
9	10	11	13	15	17	21	24	26	29	32	37	47	74
8.9	8.8	8.7	8.6	8.5	8.3	8.2	8.0	7.9	7.8	7.6	7.5	7.2	6.8
73	72	71	70	69	69	68	67	66	65	65	63	61	57

35	40	45	50	55	60	65	70	75	80	85	90	95	100
29	30	31	33	34	35	37	38	39	41	43	45	48	56
5'1"	5'1"	5'2"	5'3"	5'5"	5'6"	5'8"	5'9"	5'10"	6'0"	6'1"	6'3"	6'6"	7'8"
12.3	12.1	11.9	11.8	11.6	11.5	11.4	11.2	11.1	11.0	10.9	10.7	10.3	9.7
30	33	36	40	43	46	50	53	57	61	65	68	75	111
8.3	8.2	8.1	8.0	7.9	7.8	7.7	7.6	7.5	7.4	7.3	7.1	6.9	6.0
67	66	65	65	64	64	63	62	61	60	59	58	56	51

14 Year Old Girls

Filles de 14 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	0	5	8	10	13	16
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'2"	3'6"	3'9"	4'0"	4'2"	4'4"	4'6"
Shuttle Run (Secs.)	Course-navette (Sec.)	18.0	14.8	14.2	13.8	13.5	13.4	13.1
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	0	2	3	4	5	6
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.0	10.2	9.8	9.5	9.3	9.1	8.9
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	103	88	84	80	78	76	74

14 Year Old Boys

Garçons de 14 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	18	20	22	24	25	26
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	3'10"	4'4"	4'8"	4'11"	5'1"	5'2"	5'4"
Shuttle Run (Secs.)	Course-navette (Sec.)	15.3	13.6	13.0	12.5	12.2	12.0	11.7
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	14	20	24	27	32	36
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	11.0	9.0	8.7	8.4	8.1	8.0	7.8
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	87	74	70	68	67	66	64

35	40	45	50	55	60	65	70	75	80	85	90	95	100
16	18	19	20	22	23	24	25	26	28	30	33	36	44
4'7"	4'9"	4'10"	4'11"	5'0"	5'2"	5'3"	5'4"	5'6"	5'8"	5'11"	6'0"	6'2"	7'4"
13.0	12.7	12.6	12.4	12.3	12.2	12.1	12.0	11.8	11.6	11.4	11.2	10.9	9.9
8	9	11	12	14	16	17	19	23	27	30	35	43	104
8.9	8.6	8.5	8.4	8.4	8.3	8.2	8.1	8.0	7.9	7.8	7.7	7.4	6.5
74	73	72	72	70	69	69	68	67	66	65	63	62	58

35	40	45	50	55	60	65	70	75	80	85	90	95	100
28	29	31	32	34	35	36	38	39	41	43	45	49	57
5'5"	5'7"	5'8"	5'9"	5'10"	6'0"	6'1"	6'2"	6'4"	6'6"	6'8"	6'11"	7'2"	8'7"
11.7	11.5	11.4	11.3	11.2	11.0	10.9	10.9	10.8	10.6	10.5	10.3	10.1	9.0
38	41	43	45	48	50	52	58	60	63	67	73	84	149
7.8	7.7	7.6	7.5	7.4	7.4	7.3	7.2	7.1	7.0	6.9	6.7	6.5	6.0
64	63	62	62	61	60	59	58	57	57	56	55	53	44

15 Year Old
Girls

Filles de
15 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	6	9	10	12	15	17
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	2'10''	3'10''	4'0''	4'2''	4'4''	4'5''	4'7''
Shuttle Run (Secs.)	Course- navette (Sec.)	17.0	14.5	14.1	13.8	13.4	13.1	12.9
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	0	2	4	5	6	8
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	11.9	10.1	9.6	9.3	9.1	8.9	8.8
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	131	86	81	78	77	75	74

15 Year Old
Boys

Garçons de
15 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	1	16	19	20	23	25	26
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	3'5''	4'10''	5'2''	5'3''	5'6''	5'8''	5'9''
Shuttle Run (Secs.)	Course- navette (Sec.)	16.3	13.2	12.5	12.0	11.8	11.6	11.5
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	4	15	23	25	32	35	39
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	10.8	8.5	8.1	7.9	7.8	7.6	7.4
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	105	69	66	64	63	62	60

35 40 45 50 55 60 65 70 75 80 85 90 95 100

18 19 20 22 23 24 25 26 28 30 32 36 39 50

8'' 4'10'' 4'11'' 5'0'' 5'1'' 5'2'' 5'4'' 5'5'' 5'6'' 5'8'' 5'10'' 6'1'' 6'4'' 7'9''

2.8 12.7 12.6 12.5 12.3 12.1 12.0 11.9 11.7 11.4 11.3 11.1 10.9 10.0

10 11 12 13 14 15 17 18 21 24 29 34 43 110

8.6 8.5 8.4 8.3 8.2 8.1 8.0 7.9 7.9 7.8 7.6 7.4 7.2 6.0

73 72 71 71 70 70 69 68 67 66 65 63 61 56

35 40 45 50 55 60 65 70 75 80 85 90 95 100

29 30 31 33 35 36 38 40 41 43 45 47 50 58

10'' 5'11'' 6'1'' 6'2'' 6'4'' 6'5'' 6'6'' 6'7'' 6'8'' 6'10'' 7'0'' 7'2'' 7'5'' 8'7''

1.4 11.3 11.1 11.0 10.9 10.9 10.8 10.7 10.5 10.4 10.3 10.1 9.9 9.2

42 44 47 50 52 54 57 60 62 66 70 76 82 115

7.4 7.3 7.2 7.1 7.1 7.0 7.0 6.9 6.9 6.8 6.7 6.5 6.3 6.0

61 60 59 58 58 57 57 56 56 55 55 54 52 41

16 Year Old
Girls

Filles de
16 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	6	10	11	14	15	16
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	3'0''	4'1''	4'3''	4'4''	4'5''	4'7''	4'8''
Shuttle Run (Secs.)	Course- navette (Sec.)	17.0	14.4	14.0	13.6	13.4	13.2	13.0
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	0	2	4	5	6	7
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	13.4	10.1	9.6	9.3	9.0	8.9	8.8
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	112	82	79	78	76	75	74

16 Year Old
Boys

Garçons de
16 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	14	18	21	23	25	27	29
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	3'7''	5'4''	5'7''	5'9''	5'11''	6'1''	6'2''
Shuttle Run (Secs.)	Course- navette (Sec.)	15.0	12.7	12.0	11.8	11.6	11.4	11.2
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	3	20	30	34	36	39	41
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	9.5	8.2	7.8	7.7	7.5	7.4	7.3
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	79	67	63	62	61	60	59

35 40 45 50 55 60 65 70 75 80 85 90 95 100

17 19 20 21 23 24 26 27 29 31 32 36 38 46

9'' 4'10'' 4'11'' 5'0'' 5'1'' 5'3'' 5'4'' 5'5'' 5'7'' 5'8'' 5'10'' 6'1'' 6'3'' 7'2''

2.9 12.7 12.5 12.4 12.2 12.0 11.9 11.8 11.6 11.4 11.3 11.1 10.8 10.0

8 9 10 11 13 14 16 18 20 24 29 36 43 80

8.7 8.6 8.4 8.3 8.2 8.1 8.0 7.9 7.7 7.6 7.5 7.3 7.1 6.6

73 72 71 71 70 70 69 68 67 66 65 64 63 56

35 40 45 50 55 60 65 70 75 80 85 90 95 100

31 32 34 35 36 37 39 40 41 43 45 47 50 59

3'' 6'5'' 6'6'' 6'7'' 6'8'' 6'9'' 6'11'' 7'0'' 7'2'' 7'3'' 7'5'' 7'8'' 7'10'' 8'9''

1.0 11.0 10.9 10.7 10.6 10.6 10.5 10.4 10.2 10.1 10.0 9.9 9.7 9.4

43 47 50 53 56 58 61 64 66 69 72 75 85 120

7.2 7.1 7.0 6.9 6.9 6.8 6.8 6.7 6.6 6.5 6.4 6.4 6.2 5.9

58 58 57 57 56 56 55 55 54 54 53 52 51 40

17 Year Old Girls

Filles de 17 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	0	4	6	9	10	12	13
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	3'7"	4'2"	4'3"	4'4"	4'4"	4'5"	4'7"
Shuttle Run (Secs.)	Course-navette (Sec.)	17.0	14.4	14.2	13.9	13.5	13.2	12.9
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	0	0	2	4	5	6
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	11.0	9.6	9.4	9.3	9.0	8.9	8.8
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	94	83	82	80	79	77	76

17 Year Old Boys

Garçons de 17 ans

Percentile	Pourcentage	0	5	10	15	20	25	30
Speed Sit-Up (Number)	Redressements assis (Nombre)	3	16	19	23	25	27	29
Stand Broad Jump (Ft. ins.)	Saut en longueur (Pi. Po.)	4'6"	5'6"	5'10"	6'0"	6'2"	6'3"	6'5"
Shuttle Run (Secs.)	Course-navette (Sec.)	14.8	12.2	11.9	11.6	11.4	11.2	11.0
Flexed Arm Hang (Secs.)	Suspension à la barre (Sec.)	0	20	30	34	38	41	44
50 Yard Run (Secs.)	Course de 50 verges (Sec.)	14.9	7.8	7.5	7.3	7.2	7.1	7.0
300 Yard Run (Secs.)	Course de 300 verges (Sec.)	78	63	61	59	58	58	57

35 40 45 50 55 60 65 70 75 80 85 90 95 100

15 17 19 20 21 22 23 24 26 28 31 32 34 42

8'' 4'9'' 4'10'' 4'11'' 5'0'' 5'1'' 5'2'' 5'3'' 5'4'' 5'5'' 5'7'' 5'9'' 6'0'' 7'4''

2.7 12.6 12.5 12.5 12.4 12.3 12.1 12.0 11.9 11.7 11.5 11.3 10.8 10.0

9 10 11 12 13 14 17 18 20 27 30 39 44 65

8.7 8.6 8.6 8.5 8.4 8.3 8.2 8.1 8.0 7.9 7.6 7.4 7.2 6.0

75 74 73 72 71 71 70 68 67 66 65 64 63 55

35 40 45 50 55 60 65 70 75 80 85 90 95 100

31 32 33 35 36 37 38 39 40 42 44 46 49 59

6'' 6'8'' 6'10'' 6'11'' 7'0'' 7'1'' 7'2'' 7'3'' 7'4'' 7'5'' 7'6'' 7'7'' 7'10'' 9'0''

0.9 10.9 10.7 10.5 10.5 10.4 10.3 10.1 10.0 9.9 9.8 9.7 9.5 9.2

46 48 50 52 53 56 58 60 62 66 70 77 83 121

7.0 6.9 6.9 6.8 6.8 6.7 6.7 6.6 6.5 6.5 6.4 6.3 6.2 5.8

57 56 56 56 55 55 54 54 53 53 52 51 50 40

